

## ABSTRACT

Payload 0 as a header is recorded to a head of a UDI area. In the case of recording payload 0 and other payloads, each of them is quintuple-recorded in order to take a countermeasure against errors. Other payloads such as payload 1 and the like are recorded after payload 0. In the case of quintuple-recording, the payloads of the same payload number are collectively quintuple-recorded. A UDI is recorded from a position after one second from start time S. The payloads are arranged in positions at 12-frame intervals. Thus, the five data which is multiple-written are not arranged in the radial direction of a disc but widely distributed onto tracks. Error resistance is improved. An interval of data is set to an optimum value in accordance with the number of multiple-writing times, a linear velocity, a recording position on the disc, and the like.